

Less Stress More Rest

All the stress. All the pressure. All the trying. How about you ditch those things and begin a new thing? When you are busy and your time is tight, days are packed...you can continue to white knuckle it...or caffeine up...or release steam in any number of ways. Or you can choose a new strategy - **trade your state of stress for a posture of rest.**

In the chaos of slammed days you don't recognize there's a different way. Your inner attitude and outer busyness have collided. With that collision, you can't see a choice.

What if this posture of rest is about discovery? Or adventure? What if it just reveals a need for integration? What if you can discover who you really are - not what you do - **but who you are.** And then you can operate fully from the place of being true to yourself while creating a culture that welcomes others to do the same.

Why do all this at work you say? You keep showing up everywhere you go.

You bring yourself to your work where it's always personal AND business. You may be tempted to compartmentalize or say it's not personal, yet we're talking about people so it's always PERSONAL.

What does curiosity have to do with any of this? Curiosity is contagious. It's unassuming, full of wonder and creativity and is open to endless possibilities. I'd dare say curiosity has everything to do with people at work. And life in general.

So what happens when you cultivate a genuine, curious culture?

- People start seeking solutions - *ALL IN*
- They share information with other teams and departments
- There's less fear, second guessing, proving and justifying
- Creative energy becomes the contagious norm
- Aligned decisions are made - **your true self, purpose and the heart of the mission**

This becomes a way of being. The inner attitude that drives everything you do. This is an invitation to a RESTFUL ADVENTURE. This certainly isn't about being lazy or unproductive. Quite the opposite.

From a posture of rest **you have energy to focus on what's really important.**



As you begin to see what you didn't see, you are able to make connections and decisions that support your mission. They are in alignment with who you are. As individuals. As people. As organizations. As families.

This posture of rest becomes your inner attitude that drives you to see you have a choice. A *series* of choices. You don't have to react to what *they do or say*.

You don't have to demand respect. Demand productivity. Demand anything. You get to be who you are. You get to make decisions out of purpose.

And it really is an adventure.

It's exhilarating not to have a complete idea of where this will take you! Think back to your dating days. You had enough information about that special someone to *want* to spend more time with them. Go on another date. And maybe another.

Part of the allure was seeing **potential without certainty** of each step of the way.

It's scary. It's hopeful. It's fun. It's an adventure.

When you make your choice to operate from a **POSTURE OF REST** you are saying **YES** to an adventurous life. At work...at home...at play...everywhere.

Now it's time to...

Freely move about the cabin on your **restful adventure** with less stress - **more rest**.